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# MOV vs. MP4

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In this guide, we answer all of your questions about the key differences between an MP4 file and a MOV file. What can these two types of video container files be used for? We look at compatibility as well as quality, and the pros and cons when comparing MP4 vs. MOV. The good news is that both of these file formats can hold lots of data and are suitable for professional video projects, but it is important to understand the subtle differences, choose which file to use, and how to convert MOV to MP4 and MP4 to MOV.

## MP4 vs. MOV: Key differences



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MOV vs. MP4 – what are the key differences between these two file formats? Though these files have plenty in common, you need to understand the differences before using either.

## What is a MOV file?

What is a MOV file? Why are these so frequently used? MOV files are a video container format. Technically, the video contained within is MPEG-4, with MOV used to contain the video file as well as other data such as file information, chapters, and more. It was created for use in Apple's QuickTime program but is now used in a variety of programs. Though it was made by Apple back in the 1990s, it is still used today, not just on Apple devices but also on Windows, too.

## What is an MP4 file?

MP4 files were created in the early 2000s by the Motion Picture Experts Group (MPEG). This is how they get their name, MPEG-4. This is contained within the MP4 and has become one of the standard ways of compressing videos. An MP4 format file is a container form just like a .mov file format. This file contains not only the video file but also has data encapsulated within.

# Difference between MOV and MP4

The table below shows some of the key differences between these two file formats, such as MOV vs. MP4 size, and what they can offer. You will see that both are suitable for a variety of video applications.























